

BREAKFAST MENU



£4 Granola, yogurt, seasonal fruit compote

House-made granola with organic yogurt and local seasonal compote

£3 Breakfast sandwich

Eggs cooked at 63°C, tender whites and custard yolks, cheddar cheese, tomato slices on warm pita bread (slightly larger than an english muffin)

£3 Oatmeal

Cooked daily from thick rolled oats with a touch of cinnamon, nutmeg and brown sugar

£2 Muffins

Just out of the oven, served with local preserves

£2 Popovers

Slightly crunchy on the outside, light, airy, eggy on the inside, served with house preserves

£4 Daily squeezed orange juice

£2 Coffee (Barrington Coffee Roasters single-cup drip)

£2 Tea (From MEM's imports of Sommerville, Assam, Earl Grey, Mint, Red berry)

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LUNCH/ DINNER MENU

\$5 Sandwiches (all served on whole wheat pita)

–Chickpea fritter

House-made hummus, cucumber tomato salad, house-made chickpea falafel balls, pickled cucumbers, pickled carrots, pickled red onion, pickled red cabbage topped with tahini

–Egg and eggplant

House-made hummus, cucumber tomato salad, fried eggplant (not breaded), hardboiled egg, tahini

–Soy BLT

Lettuce, tomato, smoky tempeh strip (a soy product), mayonaise

–BBQ Seitan

House-made BBQ seitan (lean protein made from wheat), caramelized onions, cheddar cheese, BBQ sauce, tomato, lettuce, mayonaise

–Seasonal (varies)



\$3 French fries with rosemary (House-cut Prince Edward Island potatoes, fried with fresh rosemary)

\$3 Soup (contact us, change daily)

\$2 Salads (contact us, change daily and seasonally)

E.g., roasted beet, feta, mint, and pumpkin seeds

\$2 Beverages

–Iced coffee

–Iced tea

–House made lemonade
(contact us, changes daily)

–Hot mulled cider

–Hot cranberry punch

–Hot ginger honey

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